

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*

**NOVEMBER WALKING CHALLENGE IS SET FOR
NOVEMBER 1!**

Join us for the November Walking Challenge... The Turkey Stroll... this coming Wednesday, November 1st. We will kick it off in front of the Cafeteria with two walks, either 10am or 2pm. The walks are designed to be taken on your break time. They will last approximately 8-10 minutes. Then you will be given a set of instructions for recording the miles walked during the month of November. In June, we walked collectively 4,589 miles. We want to reach the 5,000 mile walk milestone for November. Just think of the healthy body you will have for the Holidays! See you at the Walk! Please sign up with your Wellness Ambassador.

**KEEP BRUNSWICK COUNTY BEAUTIFUL!
BUY RAFFLE TICKETS!**

Keep Brunswick County Beautiful has raffle tickets for sale. Tickets are \$2 each or 3 for \$5. All proceeds benefit Keep Brunswick Beautiful campaign.

1st Prize— Two night stay in a beach house at Holden Beach courtesy of Holden Beach Properties and dinner for two at Captain Pete's Restaurant.

2nd Prize - Kayak tour for 4 courtesy of Kayak River Tours

3rd Prize— Two rounds of golf and cart rental at Brierwood Golf Club

4th Prize— \$40 gift certificate to Jerome's Steakhouse

5th Prize—Dinner for two at the Seafood Peddler Restaurant

6th prize—Art print courtesy of Holly Diehl of Holden Beach.

The drawing will be held, Wednesday, November 8th. Contact Jennifer Whitley in Recycling at ext. 2524 or Jayne Matthews of Volunteer Services at ext. 2574 to purchase tickets.



KICK THE HABIT WITH A BUDDY!

On Thursday, November 16th, the Wellness Committee is sponsoring an Informational Fair on Smoking Cessation. This will be held in the Cafeteria Lobby from 10am-1pm. There will be vendors and information available to assist those that want to stop smoking. We will also be assigning "Buddys" from current staff to assist anyone who wants to sign up that day to stop smoking. Look for more information soon! If you want to sign up now, contact Ron Riggs at ext. 2003.

DON'T BE A TURKEY - BE SAFE

Wash hands often and after handling soiled items. Use clean, sanitized utensils and cutting boards. Cook poultry to 165F. Cook stuffing separately.



**HEALTH RISK ASSESSMENT (HRA)
NEEDS YOUR INPUT!**

There is still time to go online at MyCigna.com and answer the questions for the HRA. This information is very important in determining our health care needs in the future. Anyone that completes the 10 minute HRA from 10/1/06 through 11/30/06 also will be eligible for some nice prizes!

**GLENN WALKER SECURES LASER SAILBOAT
CHAMPIONSHIP CROWN!**

By **BUDDY HUGHES**
The Beaufort Gazette

Uneasy lies the head that wears a crown, unless that crown is of the plastic variety like the one Glenn Walker adorned after winning the South Carolina Laser Championship.

Walker won the only race that conditions would allow to claim the championship Sunday at the Beaufort Yacht and Sailing Club.

"It feels pretty good to beat a lot of good sailors," Walker said. "There were (56) boats out there on the line. It's rare to see that many boats." The crown Walker wore was in recognition of winning the Laser District 12 title. Walker came in to the event needing a third-place showing and to finish ahead of Willard to win the district.

Seven races were scheduled to take place over two days, but a lack of wind prevented any from being finished Saturday and just one to be conducted Sunday.

"It was frustrating but fortunately, it was nice weather minus the wind," Walker said. "The race committee did all they could do with the conditions they had. There was no frustration with them, just with Mother Nature."

Glenn Walker, Water Treatment Plant Superintendent at the Northwest Treatment Plant and active Wellness Committee members likes to maintain his wellness balance in life by sailing our waters. He recently won the event noted above and the story is from the Beaufort Gazette. Way to go Glenn!



**UNITED WAY KICK OFF IS HERE!
HELP US BUILD A HEALTHY
COMMUNITY!**

It truly takes a village to raise a child or help someone in need to get through life's rough times. Please sign up and pledge a donation to go to the following agencies so we can help our own!

Brunswick Family Assistance
Brunswick County Literacy Council
Hope Harbor Home
New Hope Clinic
Communities In Schools
Red Cross
Carousel Center
Lower Cape Fear Hospice
Girls Incorporated
Eileen Gardner, 2007 Brunswick County United Way Coordinator

FOUR SHORT WALKS A DAY EASE BLOOD PRESSURE!

9/17/2006

SUNDAY, Sept. 17 (HealthDay News) – Taking four short walks a day to lower your blood pressure may be more effective than one long walk, a new study finds.

Reporting in the September issue of the Journal of Hypertension, Indiana University researchers compared the effects of four 10-minute walks to one 40-minute walk in reducing blood pressure in 20 people with prehypertension.

Prehypertension, in which blood pressure ranges from 120-139 mm Hg over 80-89 mm Hg, is an elevated blood pressure level that will usually progress to high blood pressure. High blood pressure is associated with heart attack, heart failure, kidney failure, stroke and blindness.

The researchers found that while the short walks and long walk decreased the participants' blood pressure by the same amount, the effect lasted for 11 hours after the short walks, compared to seven hours after the long walk.

"We had no idea the short bouts would be better," Janet Wallace, professor in the Department of Kinesiology at the Indiana University School of Health, Physical Education and Recreation, said in a prepared statement. "Most studies found in the literature report the long, continuous session as more effective for many variables."

But these findings may motivate people who cannot seem to fit long bouts of activity in their schedule.

"The biggest problem for most people is that they don't have time," Wallace said. "You might think, 'I don't have the time to go to the gym or work out for 40 minutes, but I might have the time to do 10 minutes here, 10 minutes here and another 10 minutes here.' Four 10-minute walks would be ideal."

FOR SAFETY'S SAKE!

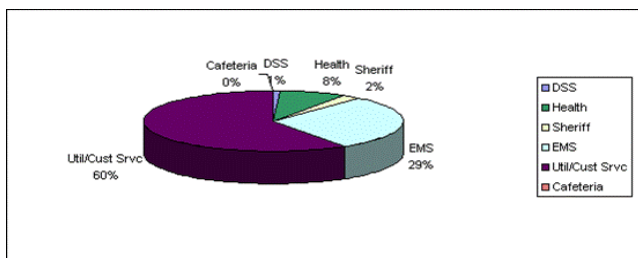
Thanks for all the responses to last month's safety quiz. You all had some great responses. Here are the answers

Workplace safety is no accident!

1. T ___ F ___ Workplace safety is the responsibility of the person(s) wearing the risk management hat. **False– It's everyone's job.**
2. T ___ F ___ Employees who work best with piles of materials in their areas are just as safe from accident and injury as the neat-niks. **False**
3. T ___ F ___ Safety is just common sense. **False– it's a learned behavior.**
4. T ___ F ___ People will walk around spilled liquid on the floor; the best thing to do is to wait for the housekeeping staff to clean up spills properly. **False**
5. T ___ F ___ Chairs or stools can be substituted for a ladder to get items out-of-reach. **False**
6. T ___ F ___ Reporting and replacing burned out light bulbs is an inexpensive and effective crime deterrent **True.**
7. T ___ F ___ A sloppy worker is only a danger to himself. **False**
8. T ___ F ___ Dress codes can decrease accidents and injuries. **True**
9. T ___ F ___ Gasoline used to power lawn tools must be stored in approved containers. **True**
10. T ___ F ___ Utility workers have the highest accident rate in the United States. **False– Construction/maintenance**

FY 06-07 1st. Qtr Employee Injury/Accident Occurrence Overview

Department	Cost	Claims	Type of Claims
DSS	\$ 2,200.00	1	Trip/Fall
Health	\$ 20,434.00	2	Struck by/against
Sheriff	\$ 5,168.00	6	Struck by/against
EMS	\$ 71,872.00	3	Strain/Fall
Util/Cust Srv	\$ 143,897.00	1	Struck by/against
Cafeteria	\$173.00	1	Laceration
Totals	\$ 243,744.00	14	



Here's a snapshot of what we look like as far as accidents go for the last 3 months. The accident rate and costs that go along with it are high. Be sure to put safety training to use so we do not jeopardize ourselves or coworkers on the job. **Keep safety first on list of our daily tasks to ensure a positive work environment!**



VICTORIA SMITH VICTORIOUS!

Victoria Smith, the Nursing Director for the Health Department won first place for her division for the 10K Run in the 2006 Oyster Festival Event. Check out this picture of Victoria laying it down!



QUICK, HEALTHY WAYS TO LOSE WEIGHT!

Go calorie free by switching from regular to diet soda (150 versus 0 calories per can). If you drink one can per day, that's nearly 16 pounds lost in a year.

Slim down that bowl of cereal: Switch from 1 cup regular whole milk to 1% milk (about 50 calories less per cup) every day. Once your taste buds adjust, you'll be thrilled! That's a tad more than 5 pounds lost by this same time next year.

Need some incentive? Try this on for size: Cut back 100 calories on a daily basis and you could lose about 10 1/2 pounds in a year. One hundred calories equals one cup of regular soda or one tablespoon of butter or one ounce of cheese.

Computer-enhance a photo of yourself to see how great you'll look when you're slim. Never mind liposuction: Today's computer technology lets you delete double chins and narrow your waistline with the of a keystroke touch.

From WeightLossWars.com